

Video EEG Monitoring Information for Patients

This sheet will answer some common questions and tell you what to expect during your hospital stay.

You are scheduled for a Video EEG at the **VA Medical Center** on _____ at _____. **Please check in at Inpatient Admissions**, on the first floor at _____.

Why is this monitoring done?

Video EEG monitoring uses a video camera and a microphone to record exactly what happens when you have an “unusual spell”/seizure. If your doctor can see the “spell”/seizure while looking at the EEG tracing s/he can better decide what changes need to be made in your medications or treatment. The camera and microphone stay on continuously until a few “spells”/seizures are recorded. This usually takes three to five days.

How is the monitoring done?

After being admitted, at least 23 electrodes will be applied to your head and face and one to your collarbone. Then a baseline EEG will be done in the Lab. You will then go to 4E (SDTU), room 4E-133 where you will remain for the length of your stay. This room is equipped with EEG equipment, a video camera, and a microphone. There is only one camera so you must stay in your room. A dim light must stay on all night so the camera can see you. There are two monitors at the nurse’s station and one in the EEG Lab so the nurses and EEG techs can watch you while they work. Every attempt is made to insure that only SDTU staff can see the monitors. You will have a capped IV needle in your arm in case you need medication to stop a seizure. This needle will be flushed with a saline solution. This prevents blood clots in the IV.

For your safety and so the camera can see you, we ask that you stay in bed. The four bedside rails are padded. Three of the four rails will be raised. If you have a generalized seizure, the fourth rail will be raised until you are fully awake.

If you know that you are going to have a “spell”/seizure or that you have just had one, press the **event and nurse call button**. If someone is in the room with you, tell them. The nurse call button will alert the nurses and the event marker will place a mark on the EEG recording. The mark on the EEG will help the person reviewing the EEG find the episode faster. It will also tell the doctor that you were aware of the episode and helped diagnosis it.

Your doctor may decrease your medication or order sleep deprivation to make a “spell”/seizure more likely. If sleep deprivation is ordered, you will be asked to stay awake for part or all of a night and then limit your sleep the next day to three one-hour naps. If your anti-seizure

(over)

medication is decreased, you may be given a helmet to wear whenever you get out of bed.

Do I have to spend all of my time in bed?

If your doctor gives permission, you can sit in a chair for meals and at other times during the day. Please use the nurse call button to tell the staff when you want to get up so we can keep the camera focused on you. If your anti-seizure medication is decreased, you may have to ask for help to get out of bed to sit in the chair or walk to the bathroom. This is for your safety. You may close the bathroom door for privacy.

Other Information

- You may wear hospital pajamas or your own clothes. If you want to wear your own clothes, bring shirts that button or snap up the front. You will not be able to pull any clothes over your head.
- Your meals trays will be brought to your room. You will be given plastic utensils to use. Hot drinks will come in spill-proof containers.
- Do not keep sharp objects (razors, scissors, etc.) in the room.
- ***Chewing gum is not allowed.***
- You may not smoke while you are here. We can prescribe nicotine patches for you, if you need them.
- You may not shower or take a tub bath while the monitor is on. We will give you towels and clean pajamas. You can wash-up at the sink.
- ***Caution:*** The microphone that is in your room to record your “events” can also pick up your personal conversations.
- A radio, television, VCR, and a phone are available for your use. Please bring other items to occupy your time, for example: books, magazines, puzzles, videos, cards, and crafts. This will help the time pass more quickly. ***Do not bring*** personal computers or headsets of any kind. They are not allowed because they may interfere with your EEG recording. Recreation Therapy can provide crafts or activities that you might enjoy while you are here.
- Visitors are allowed between 11:00 a.m. and 8:00 p.m.